

The Five Elements and Me
Dedicated to all beings everywhere.....

I am free, I am free, I am free.
I am clouds, I am rain, I am
waves in the sea.
I drift, I float. I dive deeper
than deep.
The cool water is part of me.

I am free, I am free, I am free.
I am breeze, I am wind, I am
Hurricane, too.
I fly, I soar, I rage wild
in a storm.
The clear air is all part of me.

I am free, I am free, I am free.
I am fire, I am coals, I am
sparks in the air.
I shine, I glow, I burn
brighter than bright.
The warm fire is all part of me.

I am free, I am free, I am free.
I am root, I am branch, I am
trunk of the tree.
I grow, I stretch, I reach
to the sky.
The strong wood is all part of me.

I am free, I am free, I am free.
I am sand, I am rock, I am
earth, brown and firm.
I shift, I stand, I move
with rumble.
The good earth is all part of me.

I am free, I am free, I am free.
I am light, I am sound,
I vibrate as needed.
I pick, I choose, I go with
the flow.
The whole world is all part of me.

Beatrice N. Niemi